

## Weight Pressure in Sport – Females (WPS-F) Scoring Information

Refer to the following article for more information regarding the development of the WPS-F:

Reel, J.J., SooHoo, S., Petrie, T.A., Greenleaf, C., Carter, J.E. (June 2010). Slimming down for sport: Development of weight pressures in sport measure for female athletes. *Journal of Clinical Sport Psychology*.

**Purpose:** To assess sport-specific weight pressures for female athletes participating in a variety of sports

### Subscales and Internal Consistency:

Subscales	Items	Cronbach's alpha
Weight Pressures from Coach/Teammates/Sport	3, 4, 8, 12, 13, 14, 15, 16	.88
Self-Consciousness of Weight and Appearance	5, 6, 7, 11	.81
Importance of Weight and Appearance	9, 10	.79
Weight Limit	1, 2	.59
WPS-F Total Score	all 16 items	.90

### Scoring Procedure:

*WPS-F Total Score:* Add all 16 items and divide by 16 for a total average weight pressure score.

*Weight Pressures from Coach/Teammates/Sport subscale:* Add items 3, 4, 8, 12, 13, 14, 15, 16; divide the sum by 8 for an average subscale score.

*Self-Consciousness of Weight and Appearance subscale:* Add items 5, 6, 7, 11; divide the sum by 4 for an average subscale score.

*Importance of Weight and Appearance subscale:* Add items 9 and 10; divide the sum by 2 for an average subscale score.

*Weight Limit subscale:* Add items 1 and 2; divide the sum by 2 for an average subscale score.

Higher scores represent more weight-related pressures in sport for female athletes.

## Weight Pressures in Sport

Please circle the number on the 6-point scale listed below that best describes how you truly feel about your current situation and team. There are no right or wrong answers, so please answer honestly.

	Never	Rarely	Sometime	Often	Usually	Always
1. My team/sport has a weight requirement to try out	1	2	3	4	5	6
2. My team/sport should have a weight limit.	1	2	3	4	5	6
3. My teammates notice if I put on weight.	1	2	3	4	5	6
4. My coach encourages female team members to maintain a below average weight.	1	2	3	4	5	6
5. The lightest female team members are at a distinct performance advantage.	1	2	3	4	5	6
6. My team uniform makes me conscious of my bodily appearance.	1	2	3	4	5	6
7. The crowd scrutinizes my body and makes me concerned about my weight and appearance.	1	2	3	4	5	6
8. Body weight and appearance are important to my coach.	1	2	3	4	5	6
9. Body weight and appearance are important to my family.	1	2	3	4	5	6
10. Body weight and appearance are important to my friends outside of my sport.	1	2	3	4	5	6
11. Any of my body flaws are readily apparent in my uniform.	1	2	3	4	5	6
12. Other team members make comments if a teammate gains weight.	1	2	3	4	5	6
13. My coach notices if I gain weight.	1	2	3	4	5	6
14. My coach encourages athletes to drop pounds.	1	2	3	4	5	6
15. There are pressures associated with my sport to lose weight.	1	2	3	4	5	6
16. There are pressures associated with my sport to maintain a below average weight.	1	2	3	4	5	6

Please answer the following question:

List pressures in your sport you can think of:

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